

Hatha Yoga



Fairfield and Howley
Neighbourhood Project,
Fairfield Street
Warrington WA1 3AJ

SUITABLE FOR ALL LEVELS

COMPLETE BEGINNERS
ARE WELCOME

WEDNESDAY 7 – 8pm

£15 per month (4 or 5 lessons depending on the month), or £5 on the day

Soft Yoga practice to strengthen the body and relax the mind

- Elevates your energy
- Improves blood circulation and rejuvenates your whole body
- Helps to release tension and stress
- Improves your sleep

We also organise:

- Indian cuisine cookery lessons
- Nights out – Ladies only



No need to book – just turn up!

If you have any questions please call Julia on [07838681736](tel:07838681736)

doctoryoga.co.uk